



**SAVE THE DATE !!!**

**April 28, 2004**

## **Growing Healthy Kids Conference**

### **Essential Learning for Educators**

#### **Food Sense Garden-Enhanced Nutrition Education**

**This is a conference for educators to provide nutrition education and skill-building in gardening and cooking. Learn how to use experiential activities to teach nutrition, cooking, and gardening in the classroom and garden.**

**WHO CAN ATTEND?** Anyone! The focus is for educators working with elementary school children.

**WHERE?** Mt. View Elementary School, Highline School District, 10811 12<sup>th</sup> Ave. SW, Seattle, Washington

**WHEN?** Wednesday April 28, 2004, 2:00 pm - 7:30 pm. Registration and Nutritional Food Demonstrations at 1:30 pm

**CLOCK HOURS** will be offered by WSU: **6 clock hours for the conference** itself and optional 3 additional hours for out-of-class work on curriculum.

**DINNER** and breaks are included - A PCC chef will provide cooking demonstration for dinner, featuring local, healthy, nutritious food.

**COST** for Highline School District Staff: \$10 for dinner and materials fees (Highline School District has contributed matching dollars for this conference).

For others (non Highline employees): \$30 for conference, dinner, and materials fees.

#### **REGISTRATION FORM**

Name: \_\_\_\_\_ School: \_\_\_\_\_

Grade \_\_\_\_\_ School District \_\_\_\_\_

Email: \_\_\_\_\_

Make check payable to WSU: Highline school District Employee = \$10 at the door add \$6  
Non Highline employee = \$30 at the door add \$6  
Workshop fee (optional) worm bin = \$12

Please register early.

We need registration totals by 4/21 for ordering food.

Total=\_\_\_\_\_

## **PRESENTERS AND WORKSHOPS**

**Keynote Speaker - Mary Shaw** - Currently she is a Whole Foods Cooking and Nutrition instructor. A former special education teacher, she also has taught at Bastyr University in Seattle, and classes for Puget Consumer's Coop for a decade. She is responsible for beginning a culinary education program at Central Market Shoreline in Seattle, and also developed the Professional Baking Program at the School of Natural Cookery, in Boulder, Colorado. Currently she lives in Medford, Oregon where she is the Coordinator for the Ashland Food Coop's Culinary and Wellness Teaching Program, and is an extensive gardener.

### **Two Rounds of workshops in nutrition, gardening, and their integration:**

**WORKSHOPS:** Workshops at the conference are available on a first-come, first-serve basis; come early for best selection.

- **Cooking up Fun in the Classroom** - Hands-on activities you can do tomorrow; budgeting; recipes; materials; snack suggestions.
- **Nutrition for You and Your Students and Getting Physical**- Learn nutritional needs from childhood to older age; analyze your diet; learn to assess fad diets; bring all your nutrition questions. Also, techniques for getting physical throughout the school day.
- **Composting and Worms** - An overview of composting and worms, because healthy soil makes healthy food. Learn to make a worm bin and how to use it in your classroom. (Take home the worm bin for optional \$12 materials fee)
- **Planting Your Garden Classroom** - Learn what to plant and how to use your garden classroom. How to structure activities and implement curricula while you and your students tend a successful school garden.
- **Food Cultures: agricultural and cooking perspectives**- Discussion and strategies for incorporating lessons into the classroom on culture, heritage foods, and preserving them; parallels in farming and gardening: heirloom seeds, and preserving natural heritage.
- **Food \$ense CHANGE boxes**- Demonstration of experiential learning units in a box: tying nutrition, cooking and gardening program to science, reading, math and other disciplines. This Food \$ense program will verse teachers in projects they can do in the classroom with support and materials provided by Food \$ense. Boxes for cooking, boxes for gardening, boxes for science. Local Farm foods and farms are featured in each box.
- **Farm to School** - An exploration of Highline School District Nutrition Services, how an Olympia School District Nutrition Services changed lunchrooms' foods: looking at a cooperative effort of food service, parents, and teachers to enhance child nutrition.
- **Questions? Contact** [Jacqueline.Cramer@metrokc.gov](mailto:Jacqueline.Cramer@metrokc.gov) (206)205-3178